

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

January 2012

## Potato Corn Chowder Hamburger Hot Dish Lemon Velvet Supreme Cabbage Apple Slaw Cheese Bread

### Potato Corn Chowder

- 4 slices bacon
- 1 can (14.5 ounces) reduced sodium chicken broth
- 3 large potatoes, peeled and cubed
- 1 package (12 ounces) frozen corn, thawed and drained
- 2 stalks celery, chopped
- ½ cup light salad dressing (Miracle Whip type)
- 2 tablespoons flour
- 2 cups skim or 1% milk



1. Cook bacon until crisp. Drain on paper towel and discard drippings. Chop bacon.
2. Add broth and vegetables to a saucepan and simmer about 15 minutes, until potatoes are tender.
3. In a bowl, mix dressing and flour; stir in milk.
4. Add dressing mixture to soup and cook for 3-5 minutes, stirring constantly.
5. Sprinkle with bacon before serving.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 300 calories, 6 grams of fat and 20 grams of carbohydrates.

### Cut Back on Your Kid's Sweet Treats

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories, but few nutrients. Most added sugars come from sodas, sports drinks, juice drinks, cakes, cookies, ice cream, candy and other desserts.

### Hamburger Hot Dish

- 1 can (10.75 ounces) fat-free cream of mushroom soup
- 1 can water
- 1 pound lean ground beef, browned
- 1 cup instant brown rice, uncooked
- 1 package dry onion soup mix

1. Preheat oven to 350 degrees.
2. In a small bowl, mix the cream of mushroom soup and water.
3. In a baking dish, layer the ingredients in this order: ground beef, rice, onion soup mix, and then cream of mushroom soup.
4. Bake for 1 hour in the oven or 20 minutes in the microwave.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 350 calories, 14 grams of fat and 26 grams of carbohydrates.

### Breastfeeding:

#### Why breastfeed?

*"Because I know I have exactly what my baby needs to grow big and strong already inside me."*

~ Ariel, WIC Breastfeeding Mom from Minot

For more information about breastfeeding, check out our new breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



### Lemon Velvet Supreme

- 2 cups fat-free vanilla yogurt
- 3 tablespoons instant lemon pudding mix
- 8 squares graham crackers, crushed
- 1 can (11 ounces) mandarin oranges (canned in juice and drained) or your favorite fruit

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Pour pudding mixture over cracker crumbs.
4. Top with mandarin oranges or your favorite fruit.

Recipe adapted from: SNAP-Ed Connection

**Nutrition Note:** This recipe makes 6 servings. Each serving has 180 calories, 1 gram of fat and 38 grams of carbohydrates.



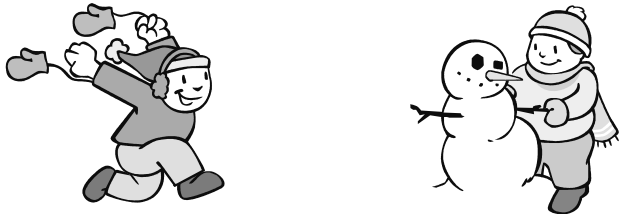
### Cabbage Apple Slaw

- 3 cups finely shredded cabbage
- 1 cup chopped apple (do not peel)
- ¼ cup chopped green pepper (optional)
- ½ cup fat-free sour cream
- 1½ tablespoons light salad dressing (Miracle Whip type)
- 1 tablespoon brown sugar
- 1 teaspoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper

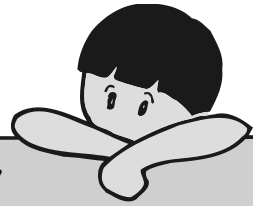
1. In a large bowl, combine cabbage, apple and green pepper.
2. In a small bowl, make the dressing by combining sour cream, salad dressing, brown sugar, lemon juice, salt and pepper.
3. Pour dressing over cabbage mixture.
4. Stir until well mixed. Refrigerate until serving.

Recipe adapted from: [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org)

**Nutrition Note:** This recipe makes 6 servings. Each serving has 60 calories, 1 gram of fat and 11 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children  
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### Turn Off the TV

*Chase Me, Chase Me - Playfully chase your child safely in the house or outside and hug her when you catch her. Then have your child chase you.*

(Adapted from the California WIC Program)

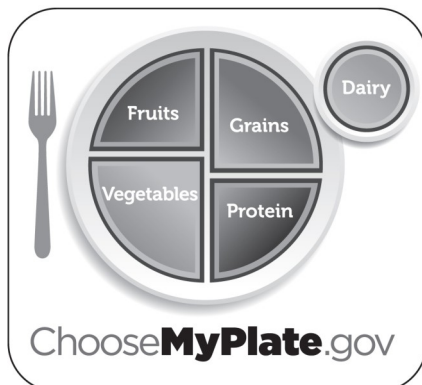
### Cheese Bread

- ½ cup skim or 1% milk
- 1 egg
- 1½ cups reduced-fat baking mix (like Bisquick®)
- 1 tablespoon minced onion
- 1 cup shredded reduced-fat cheddar cheese, divided
- 2 tablespoons chopped fresh or 1 tablespoon dried parsley
- 2 tablespoons butter, melted

1. Preheat oven to 350 degrees. Coat an 8- or 9-inch round pan with nonstick cooking spray.
2. In a large bowl, combine milk and egg. Stir in biscuit mix, onion, ½ cup cheese, and the parsley; mix well and then pour into pan.
3. Sprinkle remaining ½ cup cheese over batter and pour melted butter over top.
4. Bake 25-30 minutes or until a toothpick inserted into the center comes out clean.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 200 calories, 8 grams of fat and 23 grams of carbohydrates.

## GROWING HAPPY FAMILIES



### Choose MyPlate

Making food choices for a healthy lifestyle can be simple. This year we will share tips each month about the new MyPlate eating plan to help you balance your calories, choose which foods to eat more often, and choose which foods to eat less often.